

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	FE-1	Weekly Housekeeping. Screen cleaning in ВПхО, ФС5, ФС6, ФС9 (ВДПРК), ВПРК, DC1 B3, FGB ЦБ2
07:30-10:30	CDR, FE-2	Weekly Housekeeping.
10:30-10:40	FE-1	US hardware set up for TV conference
10:45-10:55		Crew prep for TV conference
10:55-11:05	FE-1	Greetings to PROTON-PM employees (<i>S + Ku-band</i>)
12:00-13:00	FE-2	Physical Exercise (TVIS)
12:15-12:30	FE-1	Private Family Conference (<i>S + Ku-band</i>)
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (S-band)
14:30-14:45	FE-2	Food frequency questionnaire
14:30-15:00	CDR	Surface sampling, analysis (T+5)
15:15-15:30		Private Psychological Conference (<i>S + Ku-band</i>)
15:30-17:00	FE-1	Physical Exercise (TVIS) day 3
15:30-17:00	CDR	Physical Exercise (RED)
16:55-17:10	FE-2	Private Psychological Conference (<i>S-band</i>)
17:00-18:00	CDR	Physical Exercise (CEVIS)
17:00-18:00	FE-1	Physical Exercise (VELO+RED)
18:00-18:20	CDR	Oxygen Generation System (OGS) Payload Water Reservoir (PWR) Remove and Replace
18:00-19:30	FE-2	Physical Exercise (RED)
18:50-19:30	FE-1	COЖ Maintenance
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observations and photography
		ECON. Observations and Photography
		MATRYOSHKA-R. MOSFET-dosimeter reading monitoring

Notes:

1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**

End of Radiogram